

# APPENDIX A

## Wellness-Related Fitness Zone Charts

### Abdominal Strength Wellness-Related Fitness Zone

<b>Girls</b>			
AGE	CURLUPS* (Timed)	CURLUPS** (Cadence)	PARTIAL CURLUPS*
6	20 - 31	2 - 10	10 - 22
7	22 - 32	4 - 14	13 - 24
8	25 - 36	6 - 20	17 - 30
9	27 - 38	9 - 22	20 - 37
10	27 - 38	12 - 26	24 - 33
11	29 - 40	15 - 29	27 - 43
12	31 - 43	18 - 32	30 - 50
13	33 - 44	18 - 32	40 - 59
14	34 - 45	18 - 32	30 - 48
15	32 - 46	18 - 35	26 - 38
16	32 - 43	18 - 35	26 - 49
17	30 - 41	18 - 35	40 - 58

<b>Boys</b>			
AGE	CURLUPS* (Timed)	CURLUPS** (Cadence)	PARTIAL CURLUPS*
6	19 - 33	2 - 10	10 - 22
7	24 - 34	4 - 14	13 - 24
8	28 - 38	6 - 20	17 - 30
9	29 - 40	9 - 24	20 - 37
10	32 - 43	12 - 24	24 - 35
11	34 - 45	15 - 28	26 - 43
12	37 - 48	18 - 36	32 - 54
13	39 - 51	21 - 40	39 - 59
14	41 - 54	24 - 45	40 - 62
15	41 - 55	24 - 47	45 - 75
16	40 - 53	24 - 47	37 - 73
17	40 - 53	24 - 47	42 - 66

\* PCPFS: Number on left is the 35th percentile; number on right is the 80th percentile

\*\* Prudential FitnessGram: left number is lower end of HFZ; number on right is upper end of HFZ

## Aerobic Capacity Wellness-Related Fitness Zone

### Girls

AGE	ONE MILE RUN/WALK (MIN:SEC)	1/4 MILE* 1/2 MILE* (MIN:SEC)	PACER** (# LAPS)
6	14:45 - 11:37*	2:50-2:00	N/A
7	14:04 - 10:55*	2:40-1:55	N/A
8	13:31 - 10:20*	5:35-3:58	N/A
9	12:48 - 10:03*	5:25-3:53	N/A
10	12:30 - 9:30**	N/A	15 - 41
11	12:00 - 9:00**	N/A	15 - 41
12	12:00 - 9:00**	N/A	23 - 41
13	11:30 - 9:00**	N/A	23 - 51
14	11:00 - 8:30**	N/A	23 - 51
15	10:30 - 8:00**	N/A	23 - 51
16	10:00 - 8:00**	N/A	28 - 56
17	10:00 - 8:00**	N/A	34 - 61

### Boys

AGE	ONE MILE RUN/WALK (MIN:SEC)	1/4 MILE* 1/2 MILE* (MIN:SEC)	PACER** (# LAPS)
6	14:11 - 10:32*	2:30 - 1:55	N/A
7	12:50 - 9:43*	2:20 - 1:48	N/A
8	12:08 - 9:00*	4:45 - 3:30	N/A
9	11:20 - 8:47*	4:45 - 3:30	N/A
10	11:30 - 9:00**	N/A	23 - 61
11	11:00 - 8:30**	N/A	23 - 72
12	10:30 - 8:00**	N/A	32 - 72
13	10:00 - 7:30**	N/A	41 - 72
14	9:30 - 7:00**	N/A	41 - 83
15	9:00 - 7:00**	N/A	51 - 94
16	8:30 - 7:00**	N/A	61 - 94
17	8:30 - 7:00**	N/A	61 - 94

\* PCPFS: Number on left is the 35th percentile; number on right is the 80th percentile

\*\* Prudential FitnessGram: left number is lower end of HFZ; number on right is upper end of HFZ

## Upper Body Strength\*\* Wellness-Related Fitness Zone

<b>Girls</b>			
AGE	PULL-UPS (# Completed)	PUSH-UPS (# Completed)	FLEXED ARM HANG (seconds)
6	1 - 2	3 - 8	2 - 8
7	1 - 2	4 - 10	3 - 8
8	1 - 2	5 - 13	3 - 10
9	1 - 2	6 - 15	4 - 10
10	1 - 2	7 - 15	4 - 10
11	1 - 2	7 - 15	6 - 12
12	1 - 2	7 - 15	7 - 12
13	1 - 2	7 - 15	8 - 12
14	1 - 2	7 - 15	8 - 12
15	1 - 2	7 - 15	8 - 12
16	1 - 2	7 - 15	8 - 12
17	1 - 2	7 - 15	8 - 12

<b>Boys</b>			
AGE	PULL-UPS (# Completed)	PUSH-UPS (# Completed)	FLEXED ARM HANG (seconds)
6	1 - 2	3 - 8	2 - 8
7	1 - 2	4 - 10	3 - 8
8	1 - 2	5 - 13	3 - 8
9	1 - 2	6 - 15	4 - 10
10	1 - 2	7 - 20	4 - 10
11	1 - 3	8 - 20	6 - 13
12	1 - 3	10 - 20	6 - 13
13	1 - 4	12 - 25	12 - 17
14	2 - 5	14 - 30	15 - 20
15	3 - 7	16 - 35	15 - 20
16	5 - 8	18 - 35	15 - 20
17	5 - 8	18 - 35	15 - 20

\*\* Prudential FitnessGram: left number is lower end of HFZ; number on right is upper end of HFZ

## Flexibility Wellness-Related Fitness Zone

### Girls

AGE	BACK-SAVER** SIT & REACH (inches)	V-SIT REACH* (inches)	SIT & REACH* (centimeters)
6	9+	1.0 - 5.0+	25 - 31
7	9+	1.0 - 4.5+	26 - 31
8	9+	1.0 - 4.0+	25 - 32
9	9+	1.0 - 5.0+	25 - 32
10	9+	1.0 - 5.0+	26 - 32
11	10+	1.5 - 6.0+	26 - 33
12	10+	2.0 - 6.0+	27 - 35
13	10+	2.0 - 6.0+	27 - 37
14	10+	3.0 - 7.0+	30 - 39
15	12+	3.0 - 7.5+	32 - 42
16	12+	4.0 - 8.0+	32 - 41
17	12+	3.0 - 7.5+	33 - 41

### Boys

AGE	BACK-SAVER** SIT & REACH (inches)	V-SIT REACH* (inches)	SIT & REACH* (centimeters)
6	8+	1.0 - 3.0+	24 - 30
7	8+	1.0 - 3.0+	23 - 29
8	8+	0.5 - 2.5+	23 - 30
9	8+	1.0 - 3.0+	23 - 30
10	8+	1.0 - 3.0+	22 - 29
11	8+	1.0 - 4.0+	23 - 30
12	8+	1.0 - 3.0+	23 - 30
13	8+	0.5 - 3.0+	23 - 32
14	8+	1.0 - 4.0+	25 - 34
15	8+	1.0 - 5.0+	27 - 36
16	8+	1.5 - 5.5+	27 - 37
17	8+	1.5 - 6.0+	31 - 40

\* PCPFS: Number on left is the 35th percentile; number on right is the 80th percentile

\*\* Prudential FitnessGram: left number is lower end of HFZ; number on right is upper end of HFZ